

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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SWEET HOLIDAY TIPS FOR DIABETICS

Permission was granted to reprint this information Courtesy of Web MD

For diabetics, the holiday season is fraught with temptations. "During the holidays don't deprive yourself for heavens sake," says Elaine Magee, MPH, RD, a consulting expert with Web MD. "If there's something you want to eat during the holidays, whether it's English toffee or rum balls or what have you, you can eat it. You've just got to plan ahead." Although sweets are often considered a diabetic's worst enemy, managing diabetes is more complicated than simply avoiding sugar. For instance, other carbohydrates-like a serving of mashed potatoes—can cause a surge in blood sugar just like in a candy bar. It's the total number of carbohydrates that counts, not the form you're eating them in. Fat, which abounds in holiday cooking, should also be kept at a minimum.

So what should you be eating during

the holidays? As any time of the year, you should be eating a healthy, balanced diet low in saturated fat. That can be tricky during the holidays. But Magee says you don't need to eliminate foods, since a good meal plan balances different types of foods and outlaws none.

Planning Ahead. While the holidays are a time when you have less control over what food is in front of you, you've still got control over what you actually choose to eat. Don't allow the usual high-fat and high-sugar party fare to take you by surprise. If you're going to a party or a holiday meal be prepared. Know your own limits. "Every diabetic is different," says Magee, "and, you need to figure out the balance of different foods that work for you." Although counting grams every day may be difficult, you should have a general sense of what combinations of carbohydrates, fats, and fiber work.

(Continued on page 2)

Tips for Diabetics Continued

(Continued from page 1)

Sensible Revelry. By this, Magee offers some tips that will help diabetics. Avoid or limit alcohol. Test your blood sugar. Because you may be eating more foods that you normally don't have. It's important to keep track of your levels.

When eating a full meal, diabetics can eat a slice of pie or a piece of holiday dessert. In the largest group at the bottom of the food pyramid, are complex carbohydrates like grains, cereals, breads, fruits and vegetables. When filling up your plate, fill half with foods from the group Holiday foods that fit this group might include mashed potatoes, sweet potatoes, stuffing and a dinner roll.

Next, fill about a third of your plate with protein foods like a slice of turkey the size of a deck of cards. In the remaining space, maybe take a spoonful of cranberries, a spoonful of fruit salad and some veggies.

Using broth to make gravy and to moisten stuffing instead of turkey or meat drippings also will help make the holiday meal healthier. Morgan suggested cutting back on the butter on mashed potatoes and topping sweet potatoes with something like light orange sauce instead of a snowcap of marshmallows. Grab a favorite friend or relative to go for a walk after your meal. This is far better than lounging in front of the television.

Sticking to the plan. Staying under control may be difficult. However, using

these tips will help you enjoy the holidays along with everyone else.



Okay then. Who wants dessert ??

Arlington at Christmas



Rest easy, sleep well my brothers.
Know the line has held, your job is done.

Rest easy, sleep well.
Others have taken up where you fell, the line has held.

Peace, peace, and farewell...

These wreaths -- some 5,000 -- are donated by the Worcester Wreath Co. of Harrington, Maine. The owner, Merrill Worcester, not only provides the wreaths, but covers the trucking expense as well. He's done this since 1992. A wonderful guy. Also, most years, groups of Maine school kids combine an educational trip to DC with this event to help out. Making this even more remarkable is the fact that Harrington is in one the poorest parts of the state.



Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at IVH:

2009 is upon us! I don't know about you, but 2008 passed in a blur. Now, I am preparing to start the 84th General Assembly of Iowa. We will convene at the Statehouse on January 12 with the Representatives taking their seats in the Iowa House of Representatives. The first week is usually one of ceremony with the election of the Speaker of the House. Governor Culver will give his "State of the State" speech and later in the week, Chief Justice Marsha Ternus giving the "State of the Judiciary" speech.

I am honored to hear that a number of residents of IVH want to come to the Statehouse for the swearing in of our new State Senator, Steve Soddors at 10 a.m. on January 12. That should be a wonderful experience and I am happy

that residents made the request to attend.

During the 84th General Assembly, I will again chair the House Human Resources Committee. This is a policy committee that addresses issues such as scopes of practice for various health professionals, policies relative to health care delivery, child abuse and denial of critical care, and issues like that. I will also continue to have an appointment to the Human Services Budget Subcommittee. This is the committee that oversees the second largest spending of state government: health and human services. This budget includes the Iowa Veterans Home and so the issues that you have raised with me are dealt with in this committee.

The choir and chaplains will be coming to the Statehouse on January 22, which is Veterans Day at the Statehouse. I always look forward to their visit and performance.

I look forward to our monthly meetings again next year. Our first one with January 26, 9 a.m. at the Malloy LRC. Mark your calendars and I will see you then! Stay warm and enjoy 2009!

-Mark

Editorials & Opinions

THE BEST

Bill Eilers just got back from Germany after visiting his father who is in a nursing home. I could not believe the pamphlet he brought back with him about the nursing home. It is 2 stories and looks like a hotel. It has a concrete arch, much like the St. Louis arch in front of it. It has a double stairway that was curved on each end to get to the second floor (yes it has elevators also). It reminded you of a Southern home. Chandelier type ceiling lights. Absolutely beautiful. It has a Bistro Café built into it. It was one of a chain of nursing homes by Dana Corporation. Can you imagine a chain nursing home doing that around here?

He brought me a miniature toy tractor for my collection. It wasn't made in China either!! It was made in Germany.

He said the kids in the stores stayed by their parents and did not do what I saw a 5 year old do the other day in Wal Mart, which was to say to his mother "I'll kill you" after not getting a toy he wanted.

We always think we have the best equipment and appliances along with the

best ways. We never realize that in many things especially education, the USA being 21st in High School rankings, we are **NOT** #1. We don't master any other languages either. I wonder some days if the hay day of this country isn't over and we just don't realize it. The average person does not know anything about the world economy, yet it affects their jobs daily. The UAW won't concede on their wage package for the bailout, yet the U.S. cars have \$1000 per car union fees while Toyota has \$300. Well, we will wait and see I guess.

Bill said "No women in baseball caps or caps turned backwards." At least the Germans know that the bill of a cap is used to shade your eyes, **NOT** your butt!

KLW

Attention: Commandant, Safety and Security ..

Someone needs to catch residents who are responsible for trashing the outside smoking areas. Signed: Steve Burke/ Housekeeping.

Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-printed. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Stars & Stripes Office Dack Hall or the, Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail

PARENTAL QUOTATIONS FROM
THE 50'S AND 60'S

1. Don't shake that present, you might break it.
2. Be glad you got that instead of a toy.
3. There is no need to be bothered from others kids bragging about what they got.
4. No BB Gun... you'll shoot your eye out.
5. Well, what do you have to say now?
6. There is no Santa Claus.
7. When we were younger, we were lucky if we got a toy. So be thankful.

Well, we survived another Christmas. Next year we'll use organic paper to wrap the gifts. That way it will save a tree.



GENE PETERSON RECEIVES A SPECIAL HONOR

By Staff Writer

Last month Gene Peterson had received in the mail a letter and a official card stating that he has been appointed by the Military Order of the Purple Heart to hold office as National Aide-de Camp. This is defined as the following: a subordinate military or naval officer acting as a confidential assistant to a superior, usually to a general officer or admiral.

National Headquarters
Military Order of the Purple Heart
(Chartered by Congress)


Lucian E. Peterson

having been appointed to office as

National Aide-de-Camp

for the year 2008-2009 is entitled to exercise all the prerogative of such office vested in him under the laws of this organization, for the current year or until properly relieved.

Date Certified November 14, 2008


Acting Nat'l Adjutant


National Commander

Farmin' Like It Used To Be

THE WAY WE DRESSED

In the "old days" (**your own** "old days" are never old) there was a dress code that you knew and it was adhered to by most people. Farmer's in town with their families, even if they had on overalls, would usually have a white shirt and polished shoes! The overalls were **ALWAYS** clean showing off that the farmer had a good homemaker for a wife. Hair cuts were the "normal" haircut. If you were a lady 60 or over you had black tie shoes with a big clunky heel and probably a hat. You always had to dress the proper age code. I am sure this was a Midwest thing. These standards carried over right up to your death. Men who **NEVER** wore a suit were buried in one!

Everyday wear consisted of overalls and a work shirt with high top work boots. Usually a straw hat was on top of the farmer's head. The farm women usually had a dress on but sometimes overalls. After all farm women did hard farm work not just house work. If a work dress was worn it probably was made from patterned material which chicken feed came in. Yes chicken feed came in cloth bags in which the cloth was made to make clothes. The woman of the house would try to find enough bags of the same color and print to make one

complete dress for her or her daughters. She usually picked out these feed bags when she delivered eggs to the market place. I don't recall if the owner's of these businesses kept the same color and print in the same pile but I think it would have behooved them to or there would have been much sorting and hunting!

Because the men and women of the farm wore suits and dresses they looked much older than their ages. However my great grandfather looked 75 when he was 55. The reason being those farmers worked with horses in their early lives and did lots of walking behind them. They were exposed to the sun much more than we are today. So their skin was dark and withered by the time they were 55.

In the older days there were no baseball caps given away by businesses. Baseball caps were for baseball. Seed corn salesman who were almost always other farmers gave away tape measures, pencils, not ballpoint pens because they did not exist. All pens were fountain pens. They might give the lady of the house some house ware that had their seed corn brand imprinted on it. Well I have to quit not because I am running out of room, but typing things like this makes me feel SOOOOOO old!!

Message from Senator Steve Sodders

I began the journey a year ago to run for State Senator because I believed we needed a change in representation in Des Moines. These are rough times and we are all concerned by the economic troubles. Whether or not you supported me on November 4th, I will work to serve you and gain your support through the work I do at the Capital. With these difficult times, we need to move past party biases and work together to make District 22 a strong place to raise families. I intend to work on the issues that I campaigned on including: being tough on drugs, strengthening the sex offender statutes, an affordable healthcare plan for small businesses, and making sure our service persons are treated with respect after fighting for our country.

My background in law enforcement has made me aware of the toll illegal drugs can take on users as well as their families. I believe the stronger we fight the battle against drugs such as pseudoephedrine abuses, the safer our communities will be. I have seen firsthand the effects of this and other drug abuses have on families. I have been working in Marshall County teaching my DARE students the dangers these of drugs. I am planning on using my professional experiences to keep us safe from these dangerous drugs.

Along with protecting our communities from drugs, I would like to protect our children by continuing the state's strong registered sex offender statutes. These laws are important in ensuring our children are protected from predators and are able to maintain their safely and not be concerned with what may be hiding around the next tree. The stronger these laws are, the safer our children and communities will be. With

the worries about the economy and job loss, health care is a prime concern for many people. Small businesses are unfortunately taking the brunt of these troubles. From farmers to small business owners that make up our main street business in the district, health care is becoming increasingly unaffordable. I proposed small business health care purchasing pools during the campaign because they would make healthcare affordable to groups that previously would have difficulty paying for it. I intend to work across party lines to make sure all Iowans have accessibility to affordably healthcare. This is not an issue that should be caught in party politics.

Finally, I know, work with and have friends and family who have served their country with dignity and respect. I want to make sure we show our service personnel the same respect and dignity by making sure when they return fighting for us; they do not have to worry about foreclosure on their homes, health care issues, or getting appropriate care for mental health.

There are many more issues that I'm sure will come up during the 83rd General Assembly and I intend to work with you on them. I plan to update you monthly with this column, however if you have any questions or concerns please do not hesitate to contact me at Steve.Sodders@legis.state.ia.us. Thank you for your support and I encourage you to share with me your ideas about any legislation. I look forward to working for you in Des Moines over the next four years

Nutritionally Correct

**Wishing You a Healthy Happy New Year from
Jane Linnenbrink, RD/LD**

Adapted from an article by Alice Henneman, RD

Health *"The first wealth is health." (Ralph Waldo Emerson)* Make health a priority this year. Health should be more than the absence of disease—read on for ideas.

Attitude *"Health and cheerfulness naturally beget each other." (Joseph Addison)* A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation, and enjoy life more.

Physical activity *"A man's health can be judged by which he takes two at a time – pills or stairs." (Joan Welsh)* The U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans* recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial."

People *"Love cures people – both the ones who give it and the ones who receive it..." (Dr. Karl Menninger)* Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Your body *"Take care of your body. It's the only place you have to live." (Jim Rohn)* Get physical checkups as needed: eyes, teeth,

mammogram, colonoscopy, general physical, etc.

N-o! *"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Josh Billings)* Rather than adding to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E-at healthy *"Rich, fatty foods are like destiny: they too, shape our ends." (Author Unknown)* MyPyramid.gov recommends: "To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of 2% milk and unsweetened rather than sweetened fruits. Also consider how the food was prepared. For example, choose skinless baked chicken instead of fried chicken and choose fresh fruit instead of a fruit pastry."

W-aist size *"Your stomach shouldn't be a waist basket." (Author Unknown)* Your waistline may be telling you that you have a higher risk of developing obesity-related conditions, according to the Centers for Disease Control and Prevention (CDC), if you are: A man whose waist circumference is more than 40 inches A non-pregnant woman whose waist circumference is more than 35 inches Excessive abdominal fat places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood cholesterol, high triglycerides, high blood pressure, and coronary heart disease. Consult your Registered Dietitian to develop a plan for losing weight.

(Continued on page 10)

Poetry Page

Winter's Frost

Winter's frost is very harsh yet it serve's
its purpose.

It preserves nature's calling in Winter,
and it shows that it can be beautiful.

Do not be tempted to disturb it.
Simply, let it lead its course to Spring.

Anonymous Author

Nutritionally Correct

(Continued from page 9)

Y-our hands *"Keeping hands clean is one of the most important ways to prevent the spread of infection and illness."* (Centers for Disease Control and Prevention) Here's how to wash your hands: Wet your hands with clean warm running water and apply soap. Rub hands together to make a lather and scrub all surfaces. Continue rubbing hands for 15-20 seconds. Sing "Happy Birthday" twice. Rinse hands well under running water. Dry your hands using a paper towel or air dryer. Use your paper towel to turn off the faucet.

E-nough sleep *"A good laugh and a long sleep are the best cures in the doctor's book."* (Irish Proverb) Sleeping too little takes a serious toll on people's lives. Whether it's missing leisure activities due to sleepiness or falling asleep on the job, too little sleep diminishes the quality of your life.

A-void portion distortion *"Never eat more than you can lift."* (Miss Piggy, muppet character) Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes.

R-eading materials *"Be careful about reading health books. You may die of a misprint."* (Mark Twain) Consider the source before starting a new drastic diet or exercise plan. Beware of plans that: Promise quick, dramatic results, charge large fees for consultations, equipment, supplements, etc.

Rely solely on testimonials and statements from "professionals" with unusual-sounding degrees.

Winter's love

Winter, has the charm of life,

Winter, is like my wife.

Winter is my love,

Winter is my dream of always "wow"

I always wait for winter like its friend,
the trees in winter always bend, having
its branches like the ghosts arms.

they are my always my eye's charms.

do you love winter as i do?

Anonymous Author

Slowly Into Winter

Leaves slowly cascade down

to the ground

as winter turns slowly to winter

the wind blows them around

until the cold freezes them to the ground

as winter turns slowly to winter

I return each year to find my leaf lying
here

each spring it renews its promise

this year i didn't wait! After the first

spring storm

from its branch it was torn, it lied to me

again

So this fall, before the free winds blew

I went to my tree and picked the loveli-

est leaf I could find

and kept it with mine

until winter turned slowly to spring

Anonymous Author

It Was That Season For Holiday Food And Merriment For All



Jim "The very confident I know what I' am doing." Elliott



Make sure Bill doesn't get any of this.



Not those dreaded Christmas songs again..



No spiking the punch girls. Even though you are tempted in doing so.

Chapel Events for January

Videos for January are:

Videos-

Tuesdays at 3:00 pm:

January 6th: Attentiveness: Listening to the Right Voices

January 13th: Keeping Time/Self-Awareness

January 20th: Forgiveness: the heart of Christian living

January 27th: The Dance of Forgiveness

The Quarterly Memorial Service is scheduled for Monday, January 26th.



Some Advice From A Smoker

To staff that smoke while heading towards your cars. Please don't trash the sidewalks or the parking lots with your cigarette butts. There are places to put them. It not only looks bad for IVH, but your privileges could be taken away. It's something to think about. Wouldn't you agree ??



Midwest Phrases

By Ken Wilson Midwest Phrases is obtained from the book "A Hog On Ice" by Charles Earle Funk

This month's phrase is "Neither hide nor hair"

This sounds like such a typically western American expression that it is surprising to find that, though American, it is merely the reverse of one so old that it might have been known to Chaucer. The ancient saying was "in hide and hair" and the meaning was "wholly, entirely." The American phrase means "nothing whatsoever." Our first record of it occurs in one of the early works of Josiah G. Holland, *The Bay Path*, published in 1875: "I haven't seen hide nor hair of the piece ever since." Holland, it may be recalled, wrote under the pen name of Timothy Titcomb. And, in 1870, founded Scriber's Magazine.



Cattle hide, and of course hair.



BARBER SHOP PRICES EFFECTIVE 1/1/09

Haircut in Shop	\$ 6
Haircut on Unit	\$ 8
Beard Trim	\$ 3

BEAUTY SHOP PRICES EFFECTIVE 1/1/09

Shampoo & Set	\$ 9
Haircut	\$ 7
Haircut & Set	\$ 16
Deep Conditioner	\$ 3
Shampoo Only	\$ 4
Permanent Wave	\$ 40
Color	\$ 21
Beard Trim	\$ 3
Wax	\$ 5



Improving Your Vocabulary

Do you know the definitions of these words?

1. Ameliorate
2. Chutzpah
3. Circuitous

Answers on back page.

Wreaths Across America Ceremony at IVH Saturday December 13th, 2008

By Lisa Purvis/ PR/ Marketing Director

The Patriot Guard Riders have volunteered to conduct the WAA ceremony this year at the Iowa Veteran's Home Malloy LRC on Saturday, December 13, 2008 starting at 11:00 am where seven ceremonial wreaths will be placed to remember those who gave their lives in service for our country. Specially made wreaths for Army, Marines, Navy, Air Force, Coast Guard, Merchant Marines and POW/MIA will be placed on memorials during a ceremony on this date. This occasion will mark the 17th anniversary of Maine wreaths being donated to decorate the graves at Arlington National Cemetery in Arlington, VA, and the third year of a national campaign dubbed Wreaths Across America that will bring the same remembrance wreaths to over 230 National and State Veterans cemeteries and monuments across the nation. All of these specially made wreaths are donated by Worcester Wreath Company in Harrington, Maine.



Gerhardt's' Humor

Sam and George owned a store in the outskirts of San Francisco. It had been burglarized several times in the past year and Sam decided to buy a guard dog. Shopping for one, Sam found himself in Chinatown, at a pet store whose sign boasted, "The best guard dogs that money could buy." He entered the store, but much to his disappointment, all the dogs he could see were Pekingese. "Excuse me", Sam said to the manager, "But the sign outside says you sell guard dogs. Where are they?" The manager, an elderly Chinese, replied, "Oh, but these are highly trained guard dogs. They all know karate." "Karate! No way." "I'll show you" said the shop owner. He took one of the Pekingese out to the backyard and put it in front of a brick. The dog stood absolutely still. The shopkeeper gave a command, "Karate! Brick!" and with complete astonishment, Sam saw the little dog perform a perfect karate chop, splitting the brick in half. Totally amazed, he bought the dog. Back at his own store, he showed the Pekingese guard dog to George, who thought he was completely mad and told him to return the dog immediately. "But, he is a trained guard dog." "Yeah, sure!" Sam put the Pekingese on the floor and said, "He knows karate!!" With a sneer George retorted, "Karate! My foot!"

Why Remember Pearl Harbor ??

By Dean Rammelsberg/ Heinz Hall

Who wants war? Who wants to serve in wars like WWI and WWII ? Why does the world have so many conflicts and armed battles to maintain a halfway peaceful world? Aren't we all looking for the day when the whole world will have truly peaceful environment to live in a happy productive enjoyable life?

What if all people in the world followed the Golden Rule principles that our country was founded upon? It certainly appears there would be a much, much more peaceful world if all the "War Lords" would use the Golden Rule as a daily guide, and settle their differences in a more peaceful way.

General Douglas MacArthur understood the answers to these questions when he spoke aboard the USS Missouri on September 2, 1945: "Let us pray that all peace be now restored to the world and that God will preserve it always." He declared: "WE HAVE HAD OUR LAST CHANCE." "If we do not devise some greater and more equitable system, Armageddon will be at our door.

The problem basically is theological and involves a spiritual recrudescence in improvement of human character. It must be of the SPIRIT if we are to save



USS Missouri

the faith the flesh." in all, we need to honor, respect and remember these Days of Remembrance because of the tremendous sacrifices ALL AMERICANS have made since the first Independence Day to keep America and the rest of the world as peaceful as it is in 2008. Each time we remember these Days of Victory we can realize war doesn't really make a peaceful world and ponder on the words of General Douglas MacArthur.

On December 7th, 1941— a date which will live in infamy—the United States of America was suddenly and deliberately attacked by naval and air forces of Empire of Japan. Hostilities exist. There is no blinking at the fact that our people, our territory, and our interests are in grave danger. With confidence in our armed forces, with the abounding determination of our people, we will gain the inevitable triumph— so help us God. Franklin Delano Roosevelt— president of the United States America, to the American people, on December 8th, 1941.

STAFF WRITER VISITS DAD AFTER 20 -PLUS YEARS

By Bill Eilers

Last month I figured it was time to see my dad in Germany. I found out that he has Dementia (being unable to follow directions, disorientation, etc.). Believe me, this was a challenge and it took some preparation to expect the good with the bad. Luckily, I had a step-brother that spoke English and provided accommodations not too far from my dad's nursing home.

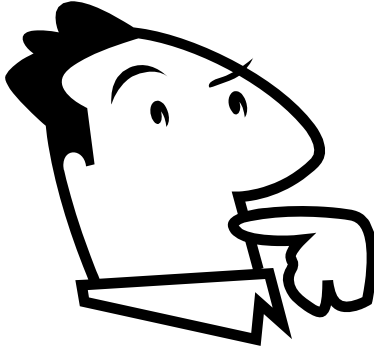
Their nursing homes are quite different than the states. According to a main web-site in Germany (DANA Seniorenrichtungen GmbH) these nursing homes focus on the proper care of their residents; well lit rooms, comfortable seating, and it also seemed that staff participates in doing things with the residents like: providing musical entertainment, holiday meals, crafts, and reliable bus transportation. etc. So, I've decided to include some photos of where my dad resides and around town. This trip was well worth the time.

On the right is a photo of my dad's nursing home in Appen Germany. Below that is right down the street from my bed and breakfast hotel in Utersen Germany, the church was dated as far back as the 1600's. And last is a former abbey where un-married women lived. Dating was forbidden.



Thinking Out Loud

By Ken Wilson



- 1) Bill says starting Dec 1st the German vendors set up little food tent shops with 3 sides and roof on the sidewalks (kind of like a funeral tent) and sell all kinds of food there.
- 2) On another day the parents put cookies and pastries in the children's shoes. Hmm, better hope the child had clean socks on the day before!
- 3) Remember in the "old days" when they told you if you were naughty you would get a piece of coal in your stocking? What do they do now threaten to put an empty grill size propane cylinder in the stocking if you are bad!!
- 4) Those days were also when oranges were a treat. Our tradition in the stocking was always an orange and a Hershey bar (**no almonds**).
- 5) Winter on the farm was not pleasant even with modern equipment. It was a tough season of the year.
- 6) Bill said he was right at home. It was cold there and they had just had an ice storm very similar to ours!! I wonder if we will send trucks over to help them out.
- 7) Christmas around here for people is (like me) sad because no family is close and no grandkids to watch. **Christmas for most of us is all about family and children.**

An Update On The Wheelchair Lift

During the middle of this month staff and residents have been training on how to operate the wheelchair lift. It seems it is going quite well. Hats off to Russ Pape, Victor Hubert, Maintenance, the department who made the operation of the lift possible, and above all the Staff who have taken the time to get the experience that being in a wheelchair is not all that easy to maneuver especially in this new addition to IVH.



Keep in mind this lift is for manual wheelchairs, and please don't use it simply for taking a utility cart or such. Thanks.

What's New In The Peterson Library

Books

The American Song Treasury/by Theodore Raph
 Arctic Drift/by Clive Cussler / Dirk Cussler
 The Bloody Texans/ by Kent Conwell
 Cibolero/by Kermit Lopez
 Cold War Clashes/ by Richard K Kolb
 Combat Combo Marine/ by John K Baird
 Complete Book of Hymns, The/ by William J Petersen
 Cross country/ by James Patterson
 Cruel intent/by Judith A Jance
 Terry Custer and me/ by Glenn G Boyer
 Deadly Gift/ by Graham, Heather
 Deadly Harvest/ by Heather Graham
 Divine/ by Karen Kingsbury
 The Dream/ by Gilbert Morris
 G.I. Joe & Lillie/ by Joseph S Bonsall
 God in the foxhole/ by Charles W Sasser
 A Good Woman/ by Danielle Steel
 Gunman from Texas/ by Todhunter Ballard
 Just After Sunset/ by Stephen King
 The Last Mountain Man/ by William W Johnstone
 Leaving Whiskey Bend/ by Garlock, Dorothy
 Living a Healthy Life with Chronic Conditions/ by Kate Lorig
 The Longing/ by Beverly Lewis
 A Man for Temperance/ by Gilbert Morris
 Murder inside the Beltway/ by Margaret Truman
 On the Frontline/ by Tom Neven
 The Pagan Stone/ by Nora Roberts
 Posse from Poison Creek/ by Lewis B Patten
 Quiet Gun, The/ by Luran Paine
 Salvation in death/ by J. D Robb
 Scarpetta/ by Patricia Cornwell,
 The Story of Edgar Sawtelle/ by David.Wroblewski

Strongheart/ by Terri Wood Jerkins

CD AUDIO BOOKS

Extreme measures/ by Vince Flynn/George Guidall
 The Rope Walk/ by Carrie/Davis Brown

DVDs

Arthur
 The Contractor
 Corpse Bride
 Face Off
 Failure to Launch
 Fall of the House of Usher /The Pit and the Pendulum,
 The Fiddler on the roof
 Get Smart
 Gigi
 Harold and Kumar Go to White Castle
 Hellboy II
 It's a wonderful life
 Journey to the center of the Earth
 The lost fleet of Guadalcanal
 Mary Reilly
 My Fair Lady
 Mystic River
 One missed call
 The Patriot
 Perfume
 Search for battleship Bismarck
 The search for Kennedy's PT 109
 Singin' in the Rain
 The Spiderwick chronicle
 Thomas Kinkade's Christmas Cottage
 UNITED 93
 US Navy Carriers
 WALL-E
 World Trade Center



FUN WEATHER FACTS

Submitted by Staff Writer

The amount of sunlight reaching the earth's surface is 6,000 times the amount of energy used by all human beings worldwide. The total amount of fossil fuel used by humans since the start of civilization is equivalent to less than 30 days of sunshine.

The summer of 1995 was so hot that at the end of August, methane emitted within big bales of freshly-cut hay in Missouri began spontaneously combusting.

Tree crickets are called the poor man's thermometer because temperature directly affects their rate of activity. Count the number of chirps a cricket makes in 15 seconds, then add 37. The sum will be very close to the outside temperature!

How far away is lightning? During a storm, count the number of seconds between the flash of lightning and the sound of thunder, then divide by two. The answer reveals how many miles away the lightning is.

What causes a red sun? The red or orange color of the rising or setting sun is caused by the increased distance through our atmosphere its rays must pass before reaching our eyes. Our thick impurity-laden lower atmosphere only allows the red tones to pass through it. As the sun rises higher in the sky, its light passes through a shorter distance of thick atmosphere. It loses its redder tone and takes on its characteristic yellow color.



How fast do raindrops fall? Not including wind-driven rain, raindrops fall between 7 and 18 miles per hour (3 and 8 meters per second) in still air. The range in speed depends on the size of the raindrop. Air friction breaks up raindrops when they exceed 18 miles per hour.

Can lightning strike twice in the same place? Yes! The old adage of lightning never striking twice in the same place is totally false. Lightning is not limited to a one-bolt action. Many lightning flashes are of a multiple variety and may strike repeatedly in a few seconds. Up to 22 consecutive lightning strokes have been observed in a multiple flash.

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GREETINGS
TO ALL FROM:
THE STARS 'N'
STRIPES
STAFF**



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This Is For Bill Rakers

*We would like to thank you for
your hard work for the Adopt-a
Vet Christmas 2008*

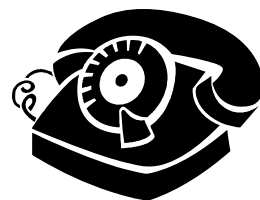
Thanks....



THANKS

Thanks to whoever found my lavender glasses and turned them in to the switchboard. Sandra Husak

Our Comment Line is 777. Please call us with your comments, ideas or suggestions about the Stars 'N' Stripes. We'd love to hear from you.



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Cartoons and Humor



We're not dead. We are simply taking five.

B. Eilers



Well dear what do you think? Oh you shouldn't have. For its' a girls dream to own a set of keys to a safe containing my rights to alimony payments when I divorce you now that I found a much younger man.

B. Eilers

Quiet Reflections



Answers to Improving Your Vocabulary

1. Improve, better
2. Audacity, pluck
3. Indirect, roundabout

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- *Mark Twain*

